



STRENGTHENING CITRUS TOGETHER

THE IMPACT OF YOUR GIFT TO THE CITRUS MEMORIAL HEALTH FOUNDATION YMCA

APRIL & MAY 2021

PARTNER SPOTLIGHT

Dr. Rich Dunn was born in Daytona Beach, FL, where his family had long-time roots in the hardware and lumber business. He always had a love for animals, and had pets growing up. When asked when he knew he wanted to become a Veterinarian, he believes this was an early childhood dream. He recently uncovered a yearbook from 7th grade, where a fellow classmate had written, "I hope you become a veterinarian!" Dr. Dunn went to Undergraduate School at Florida State University (FSU), then attended the University of Florida to earn his Veterinary degree. He met his lovely wife Diana in college while attending UF. Diana was born and raised in Gainesville, FL and was a Speech Pathology Major at UF when they met. She went on to get her Masters degree at FSU in Speech Pathology. Following graduation, Dr. Dunn and Diana were married, and Dr. Dunn worked in a mixed animal practice in North Carolina while Diana began her career as a Speech Pathologist. It was not long before they began to deeply miss living in Florida. They moved back to begin their search for an area to start their own Veterinary practice. They were led to Citrus County due to its rapidly growing population and easy-going lifestyle, which reminded them of their childhood. In 1984, they began their successful venture in a small 1,000 ft. space in the Beverly Hills Shopping Plaza. As business continued to grow, it was necessary to expand. They built Countryside Animal Clinic in Beverly Hills in 1992. During this time, Dr. Rich and Diana Dunn's family began to grow. They were blessed with three children, Lindsey, Ryan and Logan. After a few years,



Diana devoted her time to be a full-time homemaker until the kids left. Since then, she has been instrumental in managing the practice for over 15 years. They have been supporting the YMCA in Citrus County for several years, and were generous donors to the Capital Campaign to bring a YMCA facility to life in our community. They continue to support the YMCA Annual Giving Campaign as Chairman's Club Donors to keep the Y open to all. Dr. Dunn states, "We give to the Y because we want to give back to Citrus County and see the need for a place where everyone belongs and a cause that helps people of all ages." He adds that he, "Appreciates the variety of programs that the Y offers and that it is a central place that brings people together." He states that he is happy to support such a great cause and is impressed with the quality of the facility that we operate in our community. He often brings new staff to the YMCA if they are from out of town to show the welcoming sense of community and belonging that it offers.

TAKE A TOUR TODAY!

Please contact Joanna Castle, Citrus Memorial Health Foundation YMCA District Vice President at jcastle@suncoastymca.org or (352) 500-9622 if you would like a personal tour of the facility.

WAYS TO PARTNER

Did you know that you can give to your local YMCA in more ways than just cash? You can donate your time and participate in the Y's Togetherhood projects. You can also gift stock, in-kind, matching gifts through your employer, in honor/in memory, marketable securities, planned giving, or charitable trust. For more information please contact Joanna Castle at (352) 500-9622 or email at jcastle@suncoastymca.org.

ADVISORY COUNCIL HIGHLIGHT

Ellen Zane has been a member of the YMCA Advisory Council since 2015. She has served on the Healthy Living Committee to help develop partnerships with local medical professionals and health organizations to enhance public awareness about critical issues to help people live better. Currently, Ellen is the Chairperson for the Fund Development Committee to help raise funds to support needed programming and financial assistance so that the Y can remain open to all. We are very grateful for Ellen's long-term service and leadership to further the cause of the YMCA.

PUTTING CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

EASTER EVENT

The Citrus Y Easter Egg Hunt took place on April 3rd. It was a truly Eggs-travagant event! There were over 150 families that came out to the YMCA to celebrate the holiday and enjoy the beautiful sunny day. Hundreds of eggs were sought after and found all



across the campus. Children and parents practiced safety precautions by wearing masks, distancing and enjoying fresh air outdoors. One of the mothers who attended this event shared, "It was so nice to have the community come back together and have the family events happening again here at the YMCA. I am very thankful that the YMCA has so many things for us to do. It has helped our family become more social and connect with others in the community better." The event was a great success and was a perfect way to bring families together in a safe environment. A big thank you to all of the volunteers who helped organize and serve at the event and to the donors.



YOU NAME IT, WE HAVE IT

Masters Swim is a blend of fitness and competitive swimming for adults 18 and older. The structured workouts use techniques of interval training with a focus on fun, fitness and friendship. The program is truly helping to change lives. A member who loves the program and recently wrote a testimonial about her experience: "The Masters program - it's awesome. So if anyone thinks they have to compete to participate, they're wrong. Just come out to get in the best shape of your life and start or continue a lifetime exercise that will afford more benefits than you'll get with any other sport or workout. I am in it for the killer workouts and increased fitness it brings to me. My endurance is increasing (and I thought it was good before!) and my health benefits are soaring. The workouts Coach Tas is providing and the tips on technique are really paying off. Muscles are firming that I thought had retired. My joint strength is improving, too. I am not in it for competition, but for the exercise. Gym equipment and aerobics classes will not work for me due to back and knee ailments, but the pool is perfect, no pain, no awkward movements on joints, no wear and tear. Coach Tas will work on different levels within the group, some are faster than others and this totally works with his workouts. The camaraderie of this group is great too."

ADVISORY COUNCIL MEMBERS

Nancy Ayres
Joe Brannen
Mike Busler
Johnny Cash

Chuck Dixon
Larry Gamble
Susan Gill
Tim Graff

Debi Herman
Al Hopkins
Jay Joines
Jeff Kinnard

Jewel Lamb
Doug Lobel
Tara Mckendry
Gerry Mulligan

Mike
Prendergast
Bonnie Rybak
Robert Savard

Patrick Simon
Danita Smith
Craig Stevens
Don Taylor

Michael Tringali
David White
Tracy Vaughn
Ellen Zane